



Burien

Parks, Recreation & Cultural Services

JULY-AUGUST 2010

BURIEN SENIOR PROGRAM
14700 6th Ave SW, Burien, WA 98166
PHONE: 206-988-3700 FAX: 206-243-2784
WEB Site: www.BurienParks.net

2010 City of Burien MUSIC AND MOVIES IN THE PARK

THURSDAY NIGHT CONCERTS

6:30-8:00 PM at Lake Burien School Park
SW 148th and 16th Ave SW

★ JULY 8 ★
CHASING JANE
Americana Pop

★ JULY 15 ★
**FAMILY FIESTA FEATURING:
TRIO LUCERO DEL
NORTE & MANCOSONI**
Put on your dancing shoes for
these great Latin bands!
Starts at 6:00pm

★ JULY 22 ★
THE JANCLES
Western Swing — Yishool

★ JULY 29 ★
**JIMMY FREE'S
FRIENDS**
Jamm'n' Reggae!

★ AUGUST 5 ★
**CAELA AND THE
DANGEROUS
FLARES**
New Orleans meets modern R&B

★ AUGUST 12 ★
**LOCUST STREET
TAXI**
Horn-Driven Eclectic Rock

FRIDAY NIGHT MOVIES

Movies start at dusk (at or around
8:30 pm) at Lake Burien School Park
SW 148th and 16th Ave SW

★ AUGUST 20 ★
**TALE OF
DESPERAUX**

★ AUGUST 27 ★
RATATOUILLE

On rainy evenings, call 206-988-3700 after 5pm to learn if concert/movie has been rescheduled.
INFORMATION: BURIENPARKS.NET OR 206-988-3700

Burien
Parks, Recreation & Cultural Services

BURIEN
ON JULY 15

BURIEN
ON JULY 15

4
CULTURE

PORELLA BROS.

Information

Burien Community Center

Hours of Operation:

Monday-Thursday 8:30am—8:00pm

Friday 8:30am—5:00pm

Closed Holidays

City of Burien Council Members

Joan McGilton	Rose Clark
Jack Block, Jr.	Lucy Krakowiak
Gordon Shaw	Kathy Keene
Brian Bennett	

Burien Senior Program (BSP) Staff

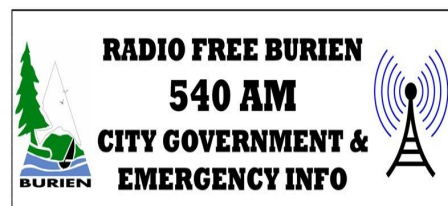
Kristy Dunn, Recreation Supervisor
Bophary Du, Recreation Specialist
Rachel Gilbert, Recreation Specialist

Volunteer Staff

Trips: Lacey Edwards, Mary Kay Jones

Meals on Wheels: Fay Alpaugh, Ruth Norberg, Monda Rojas, Marvin McMillan, Heidi Foote, Rose Marie Fitzpatrick, Bob & Fran Howell, Teddi McDougall

Senior Shuttle: LaMar Barrows, Phillip Duffek, Al Glore, Gordon Frydenlund, Gene Moon, Tom Pullen, Bonnie Timm, Mark Jennings and Mack Van Wyk.



Scholarships are Available

Scholarship applications may be obtained at the front desk or by contacting any of the senior program staff at 206-988-3700. Please don't hesitate to use this fund, it was established for you!

The contents of this newsletter is for informational purposes only. Dates, times, locations and costs are subject to change.

The City of Burien and Burien Senior Program does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.

Services

The Burien Senior Program offers a variety of services to aid older adults. For more information or to schedule an appointment, call our office at **206-988-3700**.

Senior Rights Assistance

A SHIBA representative is available for appointments the fourth Wednesday of each month: Jul 28, Aug 25, Sep 22.

Attorney Consultation

Frank De Marco provides FREE consultation appointments: July 15, Sep 16, Oct 21, Nov 18.

METRO Bus Passes

You can apply for the **Regional Reduced Fare Permit**. Applications are available in the office or attend a seminar. The next seminars will be July 13, Sep 14 & Nov 9 at 10:30am.

Massage Therapy

Licensed Massage Therapist offers 20 & 30 minute chair or table massage. Call for fees and appointments: July 6, Aug 3, Sep 7, Oct 5, Nov 2, Dec 7.

Foot Care Clinic

Thursday from 9am - 3pm. \$27 per participant, per visit. By appointment only.

Smiles for Life Dental

Call or e-mail Clydene at 206-355-0448 or mcevan@comcast.net for more info. Call 206-988-3700 for orientation on 3rd Wednesdays at 9:30am. Orientation dates: July 21, Aug 18.

Reiki Therapy - NEW!!!

This light-touch therapy is conducive to stress-relief through relaxation. Several practitioners will be on-site, so several appts may take place at once. \$2/person, requires appt schedule at front desk.

Flu Shot Clinic

Tue, Sep 28 & Oct 26 in Shorewood Room. Must have proper and current insurance. Appts must be made at front desk.

Hearing Clinic

Sep 22 @ 10am. Attend the seminar and get your hearing checked for free by High-line Audiology. Register at the front desk.

Social Security Presentations - NEW!!!

SSA Burien Branch will be presenting on different topics that include a general overview, Medicare, filing disability claims and retirement benefits. Starts at 10am on Sep 28, Oct 26, Nov 23. Call to register.

TELEPHONE NUMBERS

METRO CUSTOMER SERVICE
206-553-3060

ADA (Americans with Disabilities Act) Paratransit Program
206-689-3113

ACCESS – see numbers below

Ride request for registered riders:
206-205-5000

Or Toll Free Number 1-866-205-5001

BURIEN SENIOR SHUTTLE
M – F, 9am – 4pm. Call 206-727-6262 to schedule a ride or become a volunteer driver.

VOLUNTEER TRANSPORTATION
206-448-5740

SENIOR INFORMATION & ASSISTANCE
206-448-3110

HEALTH & HUMAN SERVICES
211

MEALS ON WHEELS
206-248-5680

Wish List Items include:

8-10 oz. Hot Drink Paper Cups
Creamer Packets
Coffee

Announcements

Thank you, thank you, thank you

To Betty Latham, Kathleen Davis-Wright, Neta Hernandez, Violet Fournier for collating the May-June newsletter. Marie Loken for paper plates, bags and napkins; Thelma Gustafson, Sharon Skinner, Kathe O'Neil for paper bags; Red Hatters for coffee & tea; Ron Rice for crutches; Janet & Ted White for books & plates; Ken Setran for 2 bath benches. To Pat Dyer & Pat Greene for being our greeters at Open House & helping at the Wild Strawberry Festival. Trader Joe's for MOW bags. If you have made a donation to the center and your name is not mentioned above, please call 206-988-3700 so that we can thank you.

Social Groups

The Red Hat Society

The **Burien Red Hatters** monthly get together is the first Friday of each month.

Contact "Duchess"

Kathleen Davis-

Wright, 244-3716, for more information on chapter #51446 activities.



The **Belles of Burien** meet the 2nd Wednesday of the month. Contact Winnie Parks-Lobdell at 242-3975. Birthday Celebration Lunch is every 4th Wednesday of the month.

Swedish Mobile Mammography

is here August 10. Make your appointment today by calling 206-988-3700. Bring proof of insurance or call Brittany Blue at 206-727-6217 for financial assistance eligibility. Must meet minimum number of appointments slots or entire mammography day is canceled.

Book Exchange!

Come browse and check out our jam-packed bookshelves in Chelsea room. Switch or check one out for your reading pleasure. No book or magazine donations accepted at this time.



Luxurious Living
for Seniors
At Affordable Prices



Tel: 206-988-5117

Fax: 206-988-5136

149 S 140th Street
Burien, WA 98168

Amy Winebrenner
Property Manager

FPI Management



Need help with your home energy costs? Check out LIHEAP (Low Income Home Energy Assistance

Program) and HELP (Puget Sound Energy's Utility Assistance Program) to see if you're eligible. Call the Multi-Service Center's automated appointment line at **1-800-348-7144** (TDD 253-661-7827) for income guideline and necessary documents to apply.

Cards & Dice

JOIN US!



Bridge Thursday
11:00-2:00pm Eagle Landing
(No bridge 7/22, 8/19)

Pinochle Tuesday & Thursday
12:00-3:30pm Chelsea

Whist Wednesday
12:00-3:30pm Chelsea
(\$1 member, \$2 non-member)

Bunco Monday, July 19, Aug 16
at 3:30pm in Chelsea
(Bunco sponsored by El Dorado West)

El Dorado West

1010 SW 134th Street
Burien, WA 98146
P 206/248-1975
F 206/243-7382

Brianna Sam
Executive Director
briannas@villageconcepts.com



**El Dorado
West**

A VILLAGE CONCEPTS
RETIREMENT COMMUNITY

www.traderjoes.com

(206) 901-9339

TRADER JOE'S

CHRIS O'CONNOR
CAPTAIN

15868 1ST. AVENUE SOUTH
BURIEN, WA 98148



**Boulevard
Park Place**

A Seniors Community
2805 South 125th Street, Seattle, WA 98168
(125th & Military Road South)
Phone: (206) 243-0300 Fax (206) 243-5476
www.Boulevardparkplace.com
Email: bppmagic@aol.com

Summer Classes

Fitness

EnhanceFitness

9:30-10:30AM, 10:30-11:30AM, 11:30AM-12:30PM
M, W & F Fee: \$30 per month (No prorating)

Zumba GOLD

11980 Jul 8-Aug 5 6-7PM Th \$40
11981 Aug 12-Sep 9 6-7PM Th \$40

Low Impact Yoga

11976 Jul 12-Aug 11 11AM-12:15PM M, W \$70
11977 Aug 16-Sep 13 11AM-12:15PM M, W \$49

Dahn Yoga



11998 Jul 15-29 5:15- 6:30PM M, Th \$35
11999 Aug 12-26 5:15- 6:30PM M, Th \$35

Sitting Fit (NEW STUDENTS GET 1 MONTH FREE!)

11898 Jul 7-30 3:30-4:15PM W, F, M \$44m/\$48nm
11899 Aug 2-30 3:30-4:15PM M, W, F \$52m/\$56nm

Tai Chi for Seniors & Beginners

11909 Jul 6-29 10:45-11:45AM Tu, Th \$48m/\$52nm
11910 Aug 3-31 10:45-11:45AM Tu, Th \$54m/\$58nm

All fitness & dance classes are part of  Fall Prevention Campaign. Don't forget to inquire about your \$10 discount on  fitness classes available to new participants and/or for new classes.

Senior Swim

Vertical Exercise

Improve your stability and mobility while building muscle and tone with this great class that mimics land exercises, like dancing, walking, running, jumping jacks and kickboxing. Vertical exercises increase the workload because they are done below the surface where drag is greater--up to 12 times greater water resistance than air.

12224 Jul 20-Aug 19 9AM-10AM Tu, Th
12225 Aug 24-Sep 23 9AM-10AM Tu, Th

Location: Evergreen Community Aquatic Center
\$40 seniors/\$60 adults

Enrichment

Ancient Secrets of Bicycle Maintenance: Fix A Flat

12045 Jul 7 6-8PM W \$40
Instructor: Cascade Bicycle Club

Ancient Secrets of Bicycle Maintenance: Chains & Derailleurs

12046 Jul 14 6-8PM W \$40
Instructor: Cascade Bicycle Club

Ancient Secrets of Bicycle Maintenance: Brakes

12047 Jul 21 6-8PM W \$40
Instructor: Cascade Bicycle Club

Intro to Commuting

Want to know more about what it takes to commute by bicycle? Feel like you're ready to try it, but need a few pointers? This two-hour course provides an overview of how to equip your bike as well as outfit yourself in order to carry your gear and be visible.

12051 Aug 11 6-8PM W \$40
Instructor: Cascade Bicycle Club

Riding with Confidence

12052 Aug 3-7 6-8PM Tu, Th, Sa \$81
Instructor: Cascade Bicycle Club

Urban Cycling Techniques

12053 Aug 21-22 10AM-2PM Sa-Su \$95
Instructor: Cascade Bicycle Club

Geocaching 101: Treasure Hunting for EVERYBODY!

12040 Jul 18 11AM-2PM Su \$45
12041 Aug 8 11AM-2PM Su \$45
12042 Aug 29 11AM-2PM Su \$45

Instructor: Dyanne Kruger

Citizenship/Naturalization Preparation

11949 Jul 8-Aug 26 6-8PM Th \$25

Foundations of Investing

12156 July 14 6:30-8PM W \$6
11917 Jul 28 10-11:30AM W Free

Women's Guide to Money Matters

12157 July 21 6:30-8PM W \$6

Hypnosis for Weight Loss

12162 Jul 7-21 6-8PM W \$108
12161 Aug 4-18 6-8PM W \$108
12163 Jul 12-19 6-8PM M \$108
12164 Aug 2-9 6-8PM M \$108

Seams & Thread: Sewing Basics and Beyond

12038 Jul 6-27 6:30-8PM Tu \$35

Contemporary Problems

11839 Jul 8-Aug 26 1-3PM Th \$45m/\$48nm
Instructor: Don Custer

Writers Workshop

11907 Jul 9-Aug 27 10AM-12PM F \$25m/\$28nm
Instructor: Sallie Tierney

See the Recreation Brochure for the complete "menu" and description of all the classes. Visit us online at BurienParks.net.

Seminars

Final Expenses: Taking Care of Those You Leave Behind

More than 100 decisions need to be made within the first week after your death. Both emotional and actual expenses will pile up for your loved ones to deal with. Make it easier for them by doing some pre-planning.

11920 Jul 6 10-11AM Tu Free

Instructor: Glen Wolf

Who Pays for Long Term Care if Medicare Won't?

Long Term Care is an epidemic crisis that is only going to get worse as Baby-boomers get older. Medicare pays for less than 10% of all long term skilled nursing care, meaning that they pick up the tab 10% of the time. Explore your options in this informative workshop that also addresses staying in your home for as long as possible, becoming wards of the state and being self-insured.

11921 Aug 3 10-11AM Tu Free

Instructor: Glen Wolf

Smiles for Life Dental Orientation

The Smiles for Life Program strives to provide adults 60 years and older with access to affordable dental hygiene services as well as to provide information about their oral health and their role as a dental health care consumer. Come find out the details of this wonderful new, affordable dental service for seniors.

12175 Jul 21 9:30-10:30AM W Free

12177 Aug 18 9:30-10:30AM W Free

Instructor: Clydene Evans-Wenzel

Computer

Computer Basics

12000 Jul 12-26 10AM-12PM M \$33m/\$37nm

12001 Jul 12-26 1-3PM M \$33m/\$37nm

Beyond Basics

12004 Aug 2-16 10AM-12PM M \$33m/\$37nm

12005 Aug 2-16 1-3PM M \$33m/\$37nm

Introduction to e-Bay

12012 Aug 20 10AM-12PM F \$20m/\$24nm

File Management

12010 Aug 13 10AM-12PM F \$20m/\$24nm

Laptop Basics

12008 Aug 6 10AM-12PM F \$20m/\$24nm

Beginning Digital Photography

12014 Aug 27 10AM-12PM F \$20m/\$24nm

Computer Security & Troubleshooting

12021 Jul 30 10AM-12PM F \$20m/\$24nm

Computer Tutoring

12194 Jul 23 1PM-4PM F \$25/hr

12190 Jul 30 1PM-4PM F \$25/hr

12191 Aug 13 1PM-4PM F \$25/hr

12192 Aug 20 1PM-4PM F \$25/hr

12193 Aug 27 1PM-4PM F \$25/hr

Make appointment by inquiring at the front desk 206-988-3700.

Travel

Red Wind Casino*

Trip includes escort & transportation to and from Des Moines Senior Center, where you'll hop on the casino shuttle. Lunch is on your own.

12143 Jul 7 8AM-5PM W \$10

Tacoma Musical Playhouse: All Shook Up*

Featuring the favorites of Elvis Presley, All Shook Up takes place in the summer of 1955, about Natalie, who disguises herself as a guy to get closer to Chad. Trouble ensues as the entire town is turned upside-down by the presence of this rebel. Trip includes admission & transportation. No meal stop. MUST REGISTER BY 7/2.

12144 Jul 17 1-5PM Sa \$37

A Day in La Conner**

12145 Jul 19 8AM-6PM M \$15

A New Day Show**

12148 Jul 28 9AM-5PM W \$12

Mystery Trip**

12152 Aug 25 9AM-5PM W \$15

Tulalip Casino & Outlet Mall*

12149 Aug 3 9AM-5PM Tu \$15

Boogie Woogie Blues Lunch Cruise*

Come take a walk down memory lane with the talented Eric 'Two Scoops' Moore while he entertains you with his fun and entertaining songs and music. A delicious lunch will be served on board the elegant Royal Argosy. Trip includes escort, lunch & transportation.

12151 Aug 17 11AM-3PM Tu \$50

Evergreen State Fair**

Spend a glorious day exploring and getting "lost" at the Evergreen State Fair in Monroe. Trip includes escort & transportation. Admission (\$8) & lunch are on your own.

12153 Aug 30 10AM-4:30 PM M \$15

Additional Travel Program Information:

- All trips are pre-paid or a deposit required.
- All travelers must complete a travel information card & waiver.
- All travelers will depart and return with the program escort and van.

Trip Rating: All trips involve some degree of walking. Please assess your mobility when considering a trip.

* Easy, mostly paved, minimal walking distance

** Moderate, sometime paved, may include stairs,

Moderate walking distance

*** Difficult, some difficult terrain, uneven ground, stairs, incline, extensive walking distance

Fall Classes

Fitness

EnhanceFitness

9:30-10:30 AM, 10:30-11:30 AM, 11:30 AM-12:30 PM
M, W & F Fee: \$30 per month (No prorating)

Dahn Yoga & Tai Chi

12315 Sep 13-Oct 21 5:15-6:30PM M, Th \$84
12316 Nov 1-Dec 16 5:15-6:30PM M, Th \$77

Instructor: Bonnie Taschler

Early Bird Fitness

12318 Sep 13-Oct 22 6-7AM M, W, F \$63
12317 Nov 1-Dec 17 6-7AM M, W, F \$70

Instructor: Pam Odegard

Low Impact Chair Yoga

12335 Sep 20-Oct 27 11AM-12:15PM M, W \$84
12336 Nov 1-Dec 8 11AM-12:15PM M, W \$84

Instructor: Janet Crawley

Beginning Pilates

12331 Sep 15-Oct 27 5-5:45PM W \$35
12332 Nov 3-Dec 15 5-5:45PM W \$35

Instructor: Scott Miller

Zumba GOLD

12343 Sep 16-Oct 28 6-7PM Th \$56
12344 Nov 4-Dec 16 6-7PM Th \$40

Instructor: Galina Malevannaya

3 R's of Exercise: Retain, Restore, Renew

Formally Fit-in-Fun Body Conditioning.

12389 Sep 28-Oct 28 9:30-10:30AM Tu, Th \$30m/\$34nm
12390 Nov 2-Dec 9 9:30-10:30AM Tu, Th \$30m/\$34nm
12421 Sep 28-Oct 28 10:30-11:30AM Tu, Th \$30m/\$34nm
12422 Nov 2-Dec 9 10:30-11:30AM Tu, Th \$30m/\$34nm

Instructor: Eileen Broomell

Sitting Fit

11900 Sep 13-29 3:30-4:15PM M, W, F \$32m/\$36nm
11901 Oct 1-29 3:30-4:15PM F, M, W \$48m/\$52nm
11902 Nov 1-29 3:30-4:15PM M, W, F \$48m/\$52nm

Instructor: Alex Lewis

Tai Chi for Seniors & Beginners

11912 Oct 5-28 10:45-11:45AM Tu, Th \$48m/\$52nm
11913 Nov 2-30 10:45-11:45AM Tu, Th \$42m/\$46nm
11914 Dec 2-30 10:45-11:45AM Th, Tu \$54m/\$58nm

Instructor: Viola Brumbaugh

All fitness & dance classes are part of 

Fall Prevention Campaign. Don't forget to inquire

about your \$10 discount on 

fitness classes available to new participants and/or for new classes.

**Fall class registrations begin
Monday, August 16.**

Enrichment

Ancient Secrets of Bicycle Maintenance: Fix A Flat

12415 Oct 19 6-8PM Tu \$48
Instructor: Cascade Bicycle Club

Intro to Commuting

12418 Oct 5 6-8PM Tu \$48
Instructor: Cascade Bicycle Club

Basic Bike Maintenance to Keep You Rolling

12419 Oct 12 6-8PM Tu \$48
Instructor: Cascade Bicycle Club

Geocaching 101: Treasure Hunting for EVERYBODY!

12376 Sep 26 11AM-2PM Su \$45
12377 Oct 9 11AM-2PM Sa \$45

Instructor: Dyanne Kruger

US Citizenship through Naturalization

11950 Sep 16-Nov 4 6-8 PM Th \$25
Instructor: Patricia Flores

Basic Dog Obedience

Classes held at Paws Abilities Training Center in Tukwila.

12358 Sep 11-Oct 16 11:30AM-12:30PM Sa \$60
12359 Oct 26-Nov 30 7:30-8:30PM Tu \$60
12362 Oct 30-Dec 4 11:30 AM-12:30 PM Sa \$60

Fast Track

12360 Sep 16-30 6:15-8:15 PM Th \$60
12361 Oct 7-21 6:15-8:15 PM Th \$60

Instructor: Paws Ability Training Center

Puppy Kindergarten

Classes held at Paws Abilities Training Center in Tukwila.

12363 Sep 11-Oct 16 10-11AM Sa \$60
12364 Oct 25-Nov 29 7:30-8:30 PM M \$60
12365 Oct 31-Dec 5 10-11AM Su \$60

Instructor: Paws Ability Training Center

Be Your Own Family Historian: An Intro to Genealogy

Begin a fascinating and unpredictable journey into the past. This 3-part workshop will guide you through your process of discovery, with or without the Internet. Set goals and organize your discoveries. It's never too late to begin. Class includes a family history binder.

12366 Sep 15-29 6-8PM W \$30
12367 Oct 20-Nov 3 6-8PM W \$30

Instructor: Patricia Flores

Seams & Thread: Sewing Basics and Beyond

12368 Oct 5-26 6:30-8PM Tu \$35
Instructor: Joan Reanier

Estate Planning

12394 Nov 4 6-8PM Th \$6
Instructor: Jordan Pomeroy

A Women's Guide to Money Matters

12391 Sep 29 10AM-12PM W Free
12392 Oct 6 6-7:30PM W \$6

Instructor: Jordan Pomeroy

Enrichment cont.

Hypnosis for Weight Loss

12166	Sep 15-29	6-8PM	W	\$108
12165	Oct 6-20	6-8PM	W	\$108
12169	Nov 3-17	6-8PM	M	\$108

Hypnosis for Golf

Play better golf using self-hypnosis. You can practice all you want to, buy the best clubs and take the best lessons, but your golf game is always going to be less than what you're really capable of if you're mind is not in it... If you're ready to turn off that negative voice in your head, practice more efficiently, get in the "Zone" and learn how to play your best game ever... consistently...this class is for you! Using tools from self hypnosis, NLP, and coaching, you'll learn to reprogram your mind for success like the world class athletes do. By the way, Tiger Woods and Phil Mickelson have both worked with hypnotists.

12167	Sep 13-20	6-8PM	M	\$108
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Instructor: Patricia Eslava-Vessey

Naturopathic Health and Medicine

12372	Oct 5	2-3PM	Tu	\$5
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Instructor: Patrick Bufl, ND

Hearing Clinic: Move Forward to Better Hearing

Your sense of hearing is a vital link to your world. Hearing loss should not get in the way of enjoying your life--you can take control of the situation. Learn how you can enhance your hearing and improve your life. This Better Hearing Seminar includes a free hearing assessment, presented by a hearing professional from Highline Audiology.

12205	Sep 22	10AM-12 PM	W	Free
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Smiles for Life Dental Orientation

12371	Sep 15	9:30-10:30AM	W	Free
12370	Oct 20	9:30-10:30AM	W	Free
12374	Nov 17	9:30-10:30AM	W	Free

Instructor: Clydene Evans-Wenzel

ABC's of Medicare

11922	Sep 7	10-11AM	Tu	Free
11923	Oct 5	10-11AM	Tu	Free
11924	Nov 2	10-11AM	Tu	Free
11925	Dec 7	10-11AM	Tu	Free

Instructor: Glen Wolf

Art History: The Works of Picasso

11838	Sep 23-Nov 4	9:30AM-12PM	Th	\$53m/\$56nm
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Instructor: Elizabeth Rodgers

Senior Watercolor

No class 10/4.

11832	Sep 20-Nov 1	1PM-3:30PM	M	\$45m/\$48nm
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Instructor: Nancy Bogni

Please note that all classes denoted as **FREE** still require registration. No sign-up means that presenters may cancel seminars.

Enrichment cont.

AARP Safe Driving Course

AARP is offering a two-day Safe Driving course. You may be able to get a deduction from your insurance company, if you complete this course. Fee is \$12 for AARP members/\$14 for non-members paid in class.

11833	Sep 21-22	12:30-4:30PM	Tu-W	
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11834	Oct 19-20	12:30-4:30PM	Tu-W	
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11835	Nov 16-17	12:30-4:30PM	Tu-W	
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Instructor: EH Baker

Contemporary Problems

11840	Sep 23-Dec 9	1-3PM	Th	\$45m/\$48nm
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Instructor: Don Custer

Theater Scene Study

11874	Sep 20-Nov 22	10AM-12PM	M	\$42m/\$45nm
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Instructor: Henry Hart

Writers Workshop

11908	Sep 24-Dec 3	10AM-12PM	10 F	\$25m/\$28nm
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Instructor: Sallie Tierney

Computers

Computer Basics

12002	Sep 20-Oct 4	10AM-12PM	M	\$33m/\$37nm
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12003	Sep 20-Oct 4	1PM-3PM	M	\$33m/\$37nm
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Instructor: Kim Klose

Beyond Basics

12006	Oct 18-Nov 1	10AM-12PM	M	\$33m/\$37nm
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12007	Oct 18-Nov 1	1PM-3PM	M	\$33m/\$37nm
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Instructor: Kim Klose

Introduction to e-Bay

12013	Oct 29	10AM-12PM	F	\$20m/\$24nm
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Instructor: Kim Klose

File Management

12011	Nov 5	10AM-12PM	F	\$20m/\$24nm
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Instructor: Kim Klose

Intermediate Computers

12016	Nov 8-22	10AM-12PM	M	\$33m/\$37nm
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Instructor: Kim Klose

Laptop Basics

12009	Nov 5	1PM-3PM	F	\$20m/\$24nm
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Instructor: Kim Klose

Beginning Digital Photography

12015	Oct 22	10AM-12PM	F	\$20m/\$24nm
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Instructor: Kim Klose

Convert Your 35mm Slides To Digital

12182	Oct 15	10AM-12PM	F	\$20m/\$24nm
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Instructor: Kim Klose

How to Make Money w/Your Computer

12022	Nov 19	10AM-12:30PM	F	\$20m/\$24nm
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Instructor: Kim Klose

Computers cont.

Computer Security & Troubleshooting

12023 Nov 12 10AM-12PM F \$20m/\$24nm
Instructor: Kim Klose

Computer Tutoring

12195 Oct 15 1PM-4PM F \$25/hr
12196 Oct 22 1PM-4PM F \$25/hr
12197 Oct 29 1PM-4PM F \$25/hr
12198 Nov 12 1PM-4PM F \$25/hr
12199 Nov 19 1PM-4PM F \$25/hr

Instructor: Kim Klose

Travel

Camp Wrinkle Ranch

See full trip description on page 12.

12256 Sep 14-16 7:30AM-5PM Tu-Th \$225 ppdo

Puyallup Fair*

Trip includes escort & transportation. Admission & lunch are on your own.

12286 Sep 21 10AM-4PM T u \$12

Angel of the Winds Casino*

Trip includes escort and transportation. Lunch is on your own.

12287 Sep 27 9AM-5PM M \$15

Red Wind Casino*

Trip includes escort & transportation to and from Des Moines Senior Center, where you'll hop on the casino shuttle. Lunch is on your own.

12288 Oct 6 8AM-5PM W \$10

Oktoberfest Lunch Cruise*

Think Germany in October! Come and enjoy fun music, great food and a wonderful cruise on Elliott Bay. Trip includes admission, escort, lunch & transportation.

12289 Oct 13 11AM-3PM W \$50

Cinebarre at Montlake*

When was the last time you saw a movie, and they served you food at your seat? Enjoy a movie while you lunch on something more substantial than popcorn. A server will be available to serve and take your lunch order, if you choose. Trip includes escort & transportation. Admission & lunch are on your own. Choice of movie is based on what is offered the day of the trip.

12290 Oct 21 10AM-3PM Th \$15

Rosalie Doll & Bellevue Art Museum*

Step into a world of small wonders where history unfolds through the imagination and visionary world of doll makers and local artists. Experience one of the world's foremost doll collections, in an exquisite setting designed to showcase the art of the doll, featuring over 1,200 dolls on permanent display, ranging from antique to modern, plus teddy bears, toys, dollhouses, miniatures and other childhood memorabilia. Trip includes escort & transportation. Lunch and admission (\$7) are on your own.

12291 Nov 5 10AM-4PM F \$15

Travel cont.

Senior Olympics: Golden Games 2010**

Join senior programs from across South County and participate in a variety of Senior Games at the Federal Way Community Center. Games may include Pickleball, Wii Bowling, Spelling Bee, Pool, Ping Pong, Rock Climbing, Scrabble and more. Trip includes escort & transportation only. Admission (\$15) includes lunch, t-shirt & participation in all events is payable on your own at the door. Join the fun and show that Burien's boss!

12414 Nov 8 8:30AM-4:30PM M \$2

Muckleshoot Casino & Bingo Hall*

Trip includes escort & transportation. Lunch is on your own.

12292 Nov 9 9AM-5PM Tu \$15

12295 Dec 14 9AM-5PM Tu \$15

King 5 Newsroom Tour**

Get a behind-the-scenes tour of a favorite local news station. You might even get to meet the local tv celebrities. Trip includes admission, escort & transportation. Lunch is on your own.

12293 Nov 16 10AM-3PM Tu \$12

Old Goat Farm Holiday Tea*

Enjoy a delight afternoon of holiday tea and pastries at the charming Old Goat Farm in Orting. Trip includes admission, escort & transportation. MUST REGISTER BY 11/30.

12294 Dec 17 10AM-2:30PM F \$21

Christmas Lights Dinner Cruise*

Join us for an evening of lights, sights and sounds! The festival is a ship-to-shore holiday celebration that has become a local Northwest tradition. Enjoy an amazing dinner on board the Royal Argosy while cruising with the Christmas Ship, parade of boats. Trip includes admission, escort, dinner & transportation.

12296 Dec 20 5:45-11PM M \$79

REFUND POLICY

When appropriate, we will gladly refund or credit your program fee for these amounts:

100%: When class is cancelled by the Burien Parks Dept due to insufficient enrollment OR when you request to withdraw from the program a minimum of 3 business days prior to the first class and accept a credit.

100% less a \$5.00 processing fee: When you request to withdraw from the program a minimum of 3 business days prior to the first class and prefer a refund.

No refunds or credits will be issued if you request to withdraw from programs costing \$5.00 or less; one day program; trips with advanced-purchase admissions; special events; or if scholarship was used to pay for a program

Refunds by check can take up to 3 weeks to process, and will not be issued from a credit.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be requested.

See full refund information in recreation guide.

FRIDAY FLICKS

Movies subject to change based on availability

See Music & Movies in the Park schedule. Friday Flicks will resume in the fall.

Movies are donated for our pleasure by **Blockbuster Video**, 15870 1st Ave S. Burien. This is a FREE Activity.
Time: 1:00 pm Location: Shorewood Room



Camp Wrinkle Ranch FUN!
Check out the back page
for trip information

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*Call for details.

RETIREMENT & ASSISTED LIVING

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Emergency Services Division

Open Art Studio

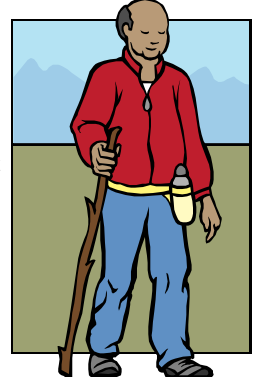
Drop in and join other art enthusiasts who want to practice a multitude of media, such as oil and acrylic painting, watercolor, drawing, charcoal, colored pencils and more. Share your style and techniques and enjoy the camaraderie of your fellow artists and "talk art." **Wednesdays at 12pm in Eagle Landing room.** Each session requires sign-in and \$1 drop-in fee.



Walking group:

Take a walk, make new friends

Do you want to ease into walking with friends? Then join the seniors walking group at St. Francis Church on 15236 21st Ave SW, Burien. This casual group explores the south end, which include Tukwila Park, Alki Beach, Lincoln Park, Kubota Gardens and more, every 3rd Tuesday of each month at 10am. Call **Pat** at (206) 243-6238 for more information.



July 2010—Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 HOLIDAY BCC CLOSED	6 Pinochle 12pm	7 Wii 10am Whist 12pm Red Wind Casino w/Des Moines 8:30am	8 Foot Care 9am Bridge 11pm Pinochle 12pm	9	10
11	12	13 Pinochle 12pm	14 Wii 10am Whist 12pm	15 Foot Care 9am Attorney 9am Bridge 11pm Pinochle 12pm	16	17 TMP: All Shook Up 12:45pm
18	19 Bunco 3:30pm La Conner 9am	20 Pinochle 12pm	21 Dental Orientation 9:30am Wii 10am Whist 12pm	22 Foot Care 9am Bridge 11pm Pinochle 12pm	23	24
25	26	27 Pinochle 12pm	28 Wii 10am Whist 12pm A New Day Show Taping 9am	29 Foot Care 9am Bridge 11pm Pinochle 12pm	30	31

August 2010—Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Pinochle 12pm Tulalip Casino & Outlets 9am	4 Wii 10am Whist 12pm	5 Foot Care 9am Bridge 11pm Pinochle 12pm	6 Red Hats 1pm	7
8	9	10 Pinochle 12pm Swedish Mobile Mammography, by appt.	11 Wii 10am Whist 12pm	12 Foot Care 9am Bridge 11pm Pinochle 12pm	13 Friday Flicks 1pm	14
15	16 Bunco 3:30pm	17 Pinochle 12pm Boogie Woogie Blue Lunch Cruise 11am	18 Dental Orientation 9:30am Wii 10am Whist 12pm	19 Foot Care 9am Bridge 11pm Pinochle 12pm	20	21
22	23	24 Pinochle 12pm	25 Wii 10am Whist 12pm Mystery Trip 9am	26 Foot Care 9am Bridge 11pm Pinochle 12pm	27	28
29	30 Evergreen State Fair 10am	31 Pinochle 12pm				

BURIEN SENIOR PROGRAM

14700 6th Ave SW

BURIEN, WA 98166

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OR CURRENT RESIDENT/OCCUPANT

UPCOMING TRIP & EVENT

Camp Wrinkle Ranch—8th YEAR OF FUN!!

This is 5 star camping! Beautiful Falls Creek Retreat Center is located 35 miles west of Chehalis. The property includes 157 acres of forest meadow, park, streams and a beautiful waterfall. The facility has tastefully decorated rooms that include linens, two large hot tubs that serve 17-20 people each, an espresso bar and ice cream shop. For recreation the facility provides hiking trails, outdoor tennis, indoor beach volleyball, two fire pits, horse shoes, a full size gym and much more. Back this year will be the Wrinklympics tournaments with a “twist”! Trip includes transportation, lodging, meals, escort, activities and lots of fun!

12256 Sep 14-16 7:30AM-5PM Tu-Th PPDO \$225

Taste of Tuscany: Spaghetti Feed

Join us for another fabulous spaghetti dinner, sponsored by Day Star Retirement and music by the Tarantellas. Open to all, families welcome.

11875 Sep 24 5 -7PM F \$10
Seahurst Banquet Hall



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